

GOT TIME TO MOVE?

EASY WAYS TO BE MORE ACTIVE

5
minutes



- Skip with a rope
- Check the letterbox
- Climb a tree
- Walk up some steps
- Shoot some hoops
- Get off the bus one stop early
- Hula-hoop
- Have a family dance-off

15
minutes



- Walk around the block
- Throw a frisbee
- Play hide'n'seek
- Rake or sweep up leaves
- Running races around outside of house
- Get off the bus two stops early
- Pull weeds out of the garden
- Walk to work or school

30
minutes



- Wash the car
- Kick a ball
- Walk the dog
- Ride a scooter or bike
- Play tag
- Dance
- Fly a kite
- Play hopscotch

30⁺
minutes



- Go for a beach or bush walk
- Visit a playground or park
- Go for a bike ride
- Take a ball to the park
- Gardening
- Play kilikiti or cricket
- Go for a swim



SIT LESS, MOVE MORE, FEEL GOOD

healthykids.org.nz/move